



 **THE WATERMARK**  
AT EAST HILL

**INDEPENDENT LIVING**  
**ASSISTED LIVING • MEMORY CARE**  
**REHABILITATION & SKILLED NURSING**



# UNRETIREMENT LIVING

More than 30 years of experience have taught us that today's seniors want more choices and are leading a more active lifestyle than generations before. That's why we created a community filled with choice. Great dining venues, a state-of-the-art fitness center with a heated indoor pool, Watermark University mind and body fitness classes, a resort style salon and day spa... we could go on and on.

**DON'T TAKE OUR WORD FOR IT. VISIT TO SEE FOR YOURSELF.**



Lounge with fireplace

Library

Computer center

Fitness center

Creative arts studio

Auditorium and theater

Billiards room

Salon and Day Spa

Local bank branch

Golf membership to Heritage Village  
Country Club

Scenic nature trails

Gazebo overlook

Outdoor sports center featuring a  
putting green, bocce ball, shuffleboard  
and croquet

Assigned parking and enclosed garages




# FINANCIAL OPTIONS TO FIT YOUR NEEDS

Abundant choices are just part of why The Watermark at East Hill is **THE BEST VALUE IN CONNECTICUT**. Here, you'll not only find fantastic food, inspiring culture and friendly neighbors. You'll also find **TWO DISTINCT FINANCIAL PLANS** to choose from, making The Watermark financially within your reach.

Choose **LIFE CARE** and enjoy unlimited access to on-site health care for life at one predictable monthly rate.

The **FEE-FOR-SERVICE** plan allows you to live independently for less with priority access to future on-site health care at prevailing market rates.

With choices as flexible as these, you can eliminate all your worries about tomorrow, once and for all. Just choose the financial plan that works best for you and start thriving with us. Call today to get started.



Predictable monthly rates

Guaranteed health care for life

Priority access to Assisted Living,  
Memory Care and Skilled Nursing

The best value in Connecticut

Knowledgeable associates who know you  
and your preferences

# VARIETY IS THE SPICE OF LIFE

With **FOUR DIFFERENT DINING VENUES**, you can rest assured that choice is always on the menu at The Watermark at East Hill. Whether you're in the mood for fine dining or a quick, delicious sandwich on your way out the door, you'll find exactly what you're craving. Of course, cooking can be a pleasure in your own, luxuriously equipped kitchen and entertaining friends and family is always easy with catering by our chef. Plus, with Thrive Dining™, individuals with cognitive or neuromuscular challenges can enjoy their favorite foods without assistance, utensils or distractions.

Elegant dining awaits at **THE W ROOM** with daily chef's specials and all your favorite entrées, from lamb chops to steaks, prepared to order.

Our pub menu is ideal for casual dining at **THE W LOUNGE**. Grab a burger and watch the UConn game or enjoy a cocktail with friends at happy hour before dinner. You'll love the options offered in this sports pub setting.

Chef Bain hits the mark every time with **THE MARK** special menu, whether you're in the mood for filet mignon, lobster tail or any of your favorite fine dining options.

At the **GALLERY CAFÉ**, you can sip coffee or green tea with honey and read the headlines in between bites of freshly made pastries, soups, salads, wraps, Paninis and pizzas made to order. Or take them to go!



Choice of lunch or dinner plus continental breakfast

Gallery Café, The Mark,  
The W Room and The W Lounge

## **TODAY'S SELECTIONS:**

Roasted Corn Bisque

Grilled Boneless Pork Chop with  
a White Wine Whole Grain  
Mustard Sauce

Coquille of Lobster

Seared Salmon with  
Honey Apricot Glaze

Grilled Leg of Lamb Provencal

White and Dark Chocolate  
Bread Pudding





# THE CLUB



The Club is an innovative new senior wellness center with everything you need to stay fit and have fun. It's unlike anything you'd expect from a retirement community – and that's the whole point.

At **RENEW WELLNESS CENTER**, friendly experts make recommendations across the entire wellness spectrum from goal setting to nutrition and exercise.

True vitality is about how you feel and living younger. That's the idea behind **VITALITY FITNESS CENTER**, which offers all the latest exercise technology, designed with seniors in mind, along with experts who can get you started or help you continue on your wellness path.

Escape for an hour, an afternoon or an entire day of decadence at **INDULGE – A SPA AND SALON**.



- Indulge – A Spa and Salon
- Wellness Chats
- Yoga and Tai Chi
- Golf membership to Heritage Village Country Club
- Heated indoor salt water pool
- Fitness center
- Personal trainer
- Wellness check-ups

# WATERMARK UNIVERSITY



Keeping your mind and body fit yields great benefits at every age. Plus, it's fun and a great way to meet people with similar interests. That's why we created Watermark University. With over 90 classes offered right here at The Watermark at East Hill, Watermark University is ready to ignite your passion for learning or teaching. You'll love having unlimited access to all of our mind and body fitness classes just steps from your door.

Are you interested in jazz, art or history? We probably have a class you'll love. Feel like sharing your own passion for genealogy, collecting coins or making beer? Let us know. We're always recruiting volunteer teachers. Best of all, there are no tests and no pressure, only tons of fun with neighbors and friends.

Watermark University welcomes guests and your participation can serve as a great introduction to our community. Call for your copy of our current course catalog and enroll in a class or two today.

Writer's Circle  
Travelogues  
Tai Chi  
Water Aerobics  
Poetry  
Conversational French  
Chocolate Creations  
Balancing Act  
Pilates  
Computers and Technology  
Classical Music Series



# INDEPENDENT LIVING

At The Watermark, we've created a culture built on choice. The first (and maybe the most fun) is selecting the luxury apartment that's perfect for you. From spacious one-bedroom apartments to two-bedroom suites, you'll find a space that's just right to call your own. And if you need a little help here and there, we can deliver all the assistance you need right to your door. With so many options to choose from and professionals ready to help you customize your apartment, you're sure to have a ball expressing your style.

Please inquire for current rates and availability. We're happy to show you a variety of apartments matching your preferences for location, view, size and price. You'll find that the residences at The Watermark are nearly as varied as the residents themselves.



Full, modern kitchens with GE appliances

Premium countertops

Cook top/oven combination

Wall-to-wall carpet, wood laminate flooring and ceramic tile

Newly renovated bathrooms with granite countertops and walk-in, tiled showers

Personal resident call system

Utilities and basic cable included

Weekly flat linen and bi-weekly housekeeping

Move-in coordination



# THE VILLA

## A REVOLUTIONARY CONCEPT IN MEMORY CARE

Designed and appointed just like a family residence, The Villa takes the best of comfortable, communal living and combines it with outstanding care.

Nayas provide all daily support to residents, just as family members would in a traditional, multi-generational household, creating a family-centered setting that seamlessly integrates personal and health support. The word *Naya*, which centers on the concept of being engaged in the present moment, comes from the ancient language of Classical Sanskrit and literally means a guide, person of wisdom, conductor and leader.

The kitchen is the heart of the home, where people cook, swap stories and recipes and chat while they work side by side. Visiting family members join in with the preparation of the meal or sit back and relax with a glass of wine. Residents enjoy their own private suites, providing the perfect personal retreat just steps from the center of the home.

The Villa hosts a number of regularly scheduled classes and events. Residents, area experts and enthusiasts are invited to teach and share their passions. Outings are routinely arranged to local museums, the theater and galleries. The result is life, lived simply and with joy in a truly residential environment.



Intimate household with only 14 residents

Revolutionary approach to memory care featuring Nayas – a new kind of caregiver

24-hour staffing with specially trained memory care staff

Patio with butterfly garden

Private suites

Three nutritious meals per day

Healthy snacks 24 hours per day

On-site Social Services Director providing counseling and referral services



# REDEFINING SENIOR HEALTH CARE

At The Watermark at East Hill, we have a fundamental belief that people flourish when given control and choice. That's why we've redefined senior health care with outstanding Assisted Living, state-of-the-art Memory Care, top-notch Rehabilitation and Medicare-certified Skilled Nursing. You might be surprised by what you find at The Watermark. Instead of call bells, intercoms, linoleum tile, nurse's stations and associates in scrubs pushing medication carts, you'll discover delicious meals cooked to order by a talented chef, an inviting environment and customized care on your schedule – not ours.

Best of all, because we're a Life Care community, it's all available to residents for a predictable monthly rate.

- Daily housekeeping
- Registered Dietician oversight
- Service plans customized to your needs
- On-site Social Services Director providing counseling and referral services
- Diverse wellness programs including classes and therapies in our heated indoor pool
- Scheduled transportation
- Luxurious semiprivate suites
- On-site physical, occupational and speech therapy
- Health care management and monitoring with Physician oversight



The background is a solid dark blue color. Overlaid on this are several light blue, semi-transparent decorative elements. These include a large, wide, sweeping arc that starts from the left edge and curves towards the right. Below this, there are more intricate, swirling lines that form a stylized, organic shape, possibly resembling a leaf or a calligraphic flourish. The overall aesthetic is clean, modern, and professional.

Creating extraordinary communities where people **thrive.**<sup>®</sup>





 THE WATERMARK  
AT EAST HILL

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